



**COLD SPRINGS FAMILY CENTER**

*Where Family, Fun & Fitness Come Together*

Cold Springs Family Center  
 Group Exercise Schedule  
 Effective: Nov. 19-Dec. 31st, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						8:15-9:15 Muscle Burn Angela
9:15 am		9:15-10:15 Cycle/stretch Gail	9:15-10:15 Piloxing Gail	9:15-10:15 Basic Step Aerobics April		9:15-10:15 Zumba Maria
10:30 am		10:30 - 11:30 Senior Fitness Brittany	10:30 - 11:30 Zumba Gail	10:30 - 11:30 Senior Fitness Brittany		
4:30 pm					4:30 - 6:30 Pick - Up Basketball	
5:30				5:30-6:00 Pilates Express Darcy		
6:00 pm	6:00 - 7:00 Cycle & Strength Angela	6:00 - 7:00 Zumba Gail	6:00-7:15 Cycle+ Core Angela	6:00-7:00 Yoga Darcy		

**Please be sure to watch for signs in the center indicating our  
 Holiday Hours and possible class changes due to that!**